

Demolition Method Statement



Fallowfield Retail Park Manchester M14 6FS Demolition Method Statement

TABLE OF CONTENTS

- 1 INTRODUCTION / DEMOLITION
- 2 SITE MANAGMENT
- 3 SAFETY
- 4 OPERATION NO 1: SITE ESTABLISHMENT
- 5 OPERATION NO 2: ASBESTOS REMOVALS
- 6 OPERATION NO 3: CABLE STRIPPING
- 7 OPERATION NO 4: SOFT STRIPPING
- 8 OPERATION NO 5: WORKING AT HEIGHT GENERALLY
- 9 APPENDIX A RISK ASSESSMENT

1 INTRODUCTION / DEMOLITION

1.1. The project relates to the demolition works to all units on Fallowfield Retail Park, excluding Hawthorn Medical Centre, Manchester, M14 6FS.

1.2. The works of the structures to be demolished are as follows:

1.2.1 Service Disconnections.

1.2.2 Form site compound, set up welfare facilities, muster points and secure the site to be demolished, install protective measures within the existing site surface water drainage system to prevent contamination during the demolition process.

1.2.3 Removal of all Asbestos Containing Materials (ACM's) as identified in the Asbestos Survey Report, it is proposed to appoint a suitably approved licensed Asbestos Removal Contractor to remove / strip all ACM prior to demolition commencing.

1.2.4 Carry out internal soft strip of the buildings, to remove deleterious materials.

1.2.5 Mechanical Demolition of the building down to ground slab level.

1.2.6 Demolition and dismantling activity to be undertaken in a traditional manner using a demolition specification excavator, protected with full heavy-duty protection cages; ram & track guards, and 'side-skirts', and equipped with specialist attachments such as 'selector grab' attachments; steel shears; concrete processors, and hydraulic breakers, like example photos below:



1.2.7 The structures will be 'broken into' with 'selector grab' attachments (mechanical hand), by carefully removing a section of the external wall and roof structure, and then systematically working into the footprint of the buildings, section by section and dismantling and segregating elements of the structure and stockpiling ready for removal from site.

1.2.8 Selector grab attachments allows de-construction of the units piece by piece in a 'top-down' method, rather than simply knocking things over, and therefore by

approaching the dismantling in this way it minimises the 'freefall' collapse of structures; allowing only small elements of the structure to fall into the demolition drop zone.

1.2.9 Work will be undertaken from within the footprint of the buildings; folding and dismantling the structure 'inwards'; as oppose to working from around the outside perimeter, to keep as much of the external wall intact for as long as possible to help contain any noise and dust.

1.2.10 During the demolition works, all areas below and surrounding the structural dismantling work will be strictly kept free of all personnel. The structures will be progressively worked from one common face, and care will be taken not to de-stabilize any main structural supports out of sequence.

1.2.11 The processing of all materials arising from this element of works which will transported off site for recycling / disposal.

1.2.12 Hand demolition of building walls which are adjacent to Hawthorn Medical Centre

1.3 Project Dates / Working Hours:

Project Dates: TBC

Working Hours: Mon – Fri: 0800 – 1800

Sat: 0800 – 1300

No demolition work will be in undertaken on Sundays or Bank Holidays

1.4 PLANT & EQUIPMENT:

1 x No 10t excavator fitted with a choice either shears, selector grab or bucket attachment

2 x No mobile elevating work platform.

5 x skip for general waste, metal & Steel, wood, plasterboard, brick and block

1 x welfare cabin to include toilet with hand wash facilities, canteen / drying room and office.

Various hand tools

1.4.1 Plant certificates will be obtained for all plant used and copies of the certificates retained on site.

1.4.2 All operators are to produce CPCS licenses.

1.5 Welfare:

Welfare facilities will be provided to a standard that satisfies schedule 2 of CDM Regs 15.

The actual location of the welfare facilities together with staff / visitor parking will be identified on the Traffic Management plan contained within the Construction Phase Plan (CPP), although an identified possible location is indicated in the Demolition Site Set Up Plan.

The Provision of site accommodation will be compliant with respect to the Construction (Design & Management) Regulations 2015

2 SITE MANAGMENT

2.1 The appointed Demolition Contractor (PC) will ensure that all sub-contractors and site operatives have suitable and adequate skills, knowledge, attitude, training and experience prior to starting work on site through a contractor appraisals system and review of operative's competencies. Qualifications such as CSCS, CPCS will be documented within the site Construction Phase Plan (CPP) as part of the Induction procedure.

2.2 Project Team: TBC

Client Contact: Jordan Manton

2.3 Communication – the appointed PC will ensure that communication through daily meetings, toolbox talks, inductions and signage etc will be promoted and adhered to throughout the duration of the project between appointed parties.

2.4 Inductions – the site manager will ensure that all contractors working on site and visitors to site will receive a site induction where their competencies will be documented. The site induction will communicate site emergency procedures; site rules; site hazards; PPE requirements etc.

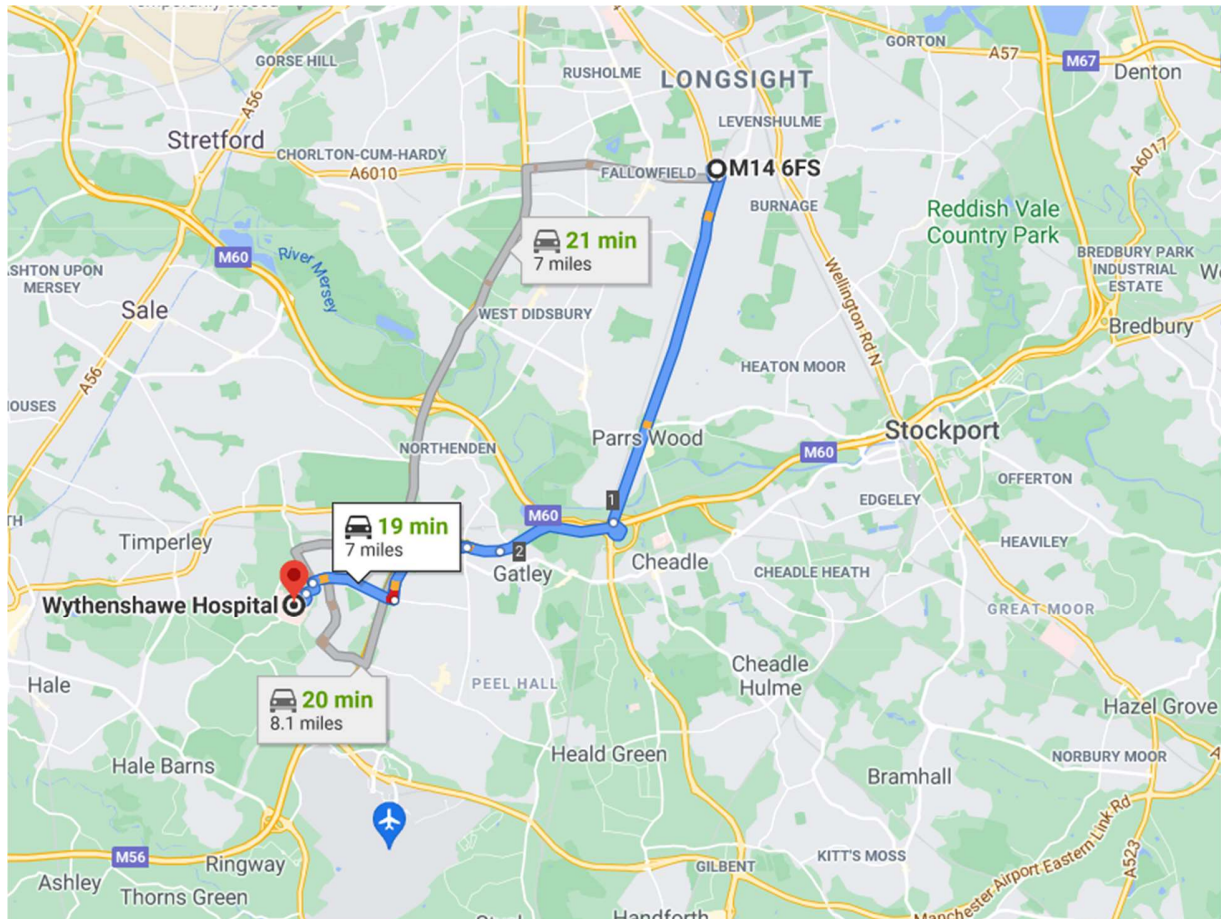
2.5 Welfare – the appointed PC will ensure that adequate and suitable welfare facilities are provided which are compliant with schedule 2 of CDM Regulations 2015. Welfare facilities will be commensurate with the numbers of contractors on site, taking into consideration covid-19 procedures. All welfare facilities shall be regularly cleaned and remain tidy, the location of the site welfare facilities will be identified on the Appendix B: Site Plan.

2.6 Safe System of Works – As part of the safe system of works the PC will ensure that a copy of the Construction Phase Plan (CPP) / RAMS will remain on site at all times for persons / contractors to refer to. Additionally, the principal contractor will ensure that all high-risk operations are controlled under a Permit to Work procedure.

2.7 Fire / Emergency Procedures – will be developed and implemented on site, a fire risk assessment and fire plan will be conducted upon site occupation. The fire risk assessment and plan shall be displayed on the project information board and communicated to operatives / visitors during the induction. All emergency access and escape routes shall be kept open and free from restrictions. Suitable and adequate fire points containing a means to raise the alarm, firefighting equipment (extinguishers) shall be provided in locations where there is a risk of fire and highlighted on the fire plan.

2.8 Accidents / RIDDOR – the appointed PC will ensure that all hazards and risks are reduced to ALARP. An accident book shall be kept within the site office including a first aid box / eye wash for minor injuries, a first aid qualified operative will always be present on site to administer minor first aid.

Accidents and injuries that require further treatment shall be taken to the nearest A&E hospital at **Wythenshawe Hospital, Southmoor Road, Manchester, M23 9LT**, details of which will be displayed on the information board. Injuries that qualify as reportable shall be reported to the HSE (RIDDOR) within the specified 15 days of accident.



2.9 Works described below will be carried out in such a way as to minimise the impact of that work. Therefore, the foreman will:

- Follow all government guidelines in relation to social distancing.
- Take all reasonable steps to minimise the creation of dust, using water sprays to dampen canopy being demolished.
- Install debris netting along all perimeter elevations to prevent / dust and debris to nearby commercial properties.
- Pay attention to wind direction so as to anticipate the impact of any work downwind of the working area.

- Curtail, suspend or re-arrange work as necessary to allow the demolition to proceed if possible whilst reducing its impact on any the occupiers of neighbouring properties / premises.
- Ensure all plant is fit for its purpose and adequately maintained so that noise generation is within the manufacturer's stated maximum noise level.
- Give particular consideration to activity on site at the start of the day to minimise disturbance of the neighbours. Reversing maneuvers will be avoided in the early morning to prevent reversing sirens sounding. Mobile plant, which requires approximately 20 minutes idling to warm-up before a shift, will be parked sensibly away from houses. A super-silenced generator will be used to provide electrical power to the site compound. Any particularly noisy operations (e.g. use of hydraulic breakers) will be programmed to minimise disturbance.

3 - SAFETY

3.1 All necessary registers, accident books, diary, time book, test certificates, method statement, risk assessment, health and safety plan etc. will be kept on site under the control of the Site Supervisor and can be inspected at any time. All accidents are to be reported to and entered in the site accident book.

3.2 A supply of spare hard hats, overalls, gloves, goggles, masks, face visors (when burning equipment is used) etc. will be stored on Site.

3.3 At all times the appointed demolition contractor will ensure a high standard of Health and Safety is carried out at all times on site.

3.4 All operatives on site must wear full PPE in accordance with site requirements including safety boots, hard hats and a high visibility vests or coat and LEP (Light Eye Protection) as standard.

3.5 'No smoking on site' policy will be adhered to at all times.

3.6 Adequate segregation of pedestrians and vehicular traffic will be maintained at all times. Reversing of vehicles and plant will be minimised at all times. This will be highlighted on a site plan and will form part of the site induction for all operatives.

4 - OPERATION NO 1: SITE ESTABLISHMENT

4.1 The welfare facilities will be situated within a secure site boundary made up of Heras fencing, to enclose the working areas / exclusion zones within the site.

4.2 Warning signs (as described below) will be displayed at the appropriate points around the perimeter of the site:

- Danger Demolition in Progress
- Danger Demolition Keep Out
- Personal Protective Equipment requirements
- Warning to Children

4.3 All visitors to our site will be asked to sign in within the site office. They will be inducted into the activities being carried out that day and at all times whilst they are on site, they will wear the required PPE and they will also be escorted at all times.

4.4 Establish communications with local residents via letters and 'door knocks' to inform them of the demolition project and to identify a site Point of Contact (PoC).

5 - OPERATION NO 2: ASBESTOS REMOVAL

5.1 If applicable a suitably approved licensed Asbestos Removal Contractor will be appointed to carry out the removal of all asbestos containing products.

5.2 The HSE will be notified under the statutory ASB5 form on the Health and Safety Executive website www.hse.gov.uk of the intended asbestos removals that are to be executed on site.

5.3 All method statements, Risk assessments and transit plans will be included within the CPHSP.

5.4 No follow-on activities will be carried out until we have received air clearance certificates/certificates of re-occupation from the asbestos removal supervisor to confirm that the areas are safe to enter.

6 - OPERATION NO 3: CABLE STRIPPING

6.1 Any electrical cabling will be removed for recycling prior to soft stripping and the demolition of the structure.

6.2 No cable-stripping work will commence until the electrical supplies to the site have been irreversibly isolated either to the main distribution board by the local electricity supply company or from the main distribution board by a suitably qualified electrician. In either case an isolation certificate will be required and will be displayed within the site office.

6.3 Demolition operatives using hand tools will cut into manageable sections all exposed electrical cabling and any which are easily extracted but which are not exposed. Large diameter electrical cabling is heavy, therefore it may be necessary to cut cabling into lengths of no more than 2 or 3 metres prior to moving it for further processing. Operatives are to exercise their judgement and experience when handling cut sections of cable to minimise the risks associated with manual handling.

6.4 Any circular saws used must be inspected daily and used only by trained operatives. The use of hand operated, hydraulic cable shears is preferred.

6.5 The removal of cable insulation and armour is to be undertaken using a purpose-built machine. Such machines have a number of safety features such as guards and remote emergency stops. All safety features are to be checked on a daily basis. None of the guards or other safety features are to be defeated or over-ridden. As with all machinery, long hair and loose clothing are to be securely tied-back to reduce the risk of the operator becoming entangled in the equipment.

6.6 All waste generated by the cable-stripping is to be disposed of appropriately, i.e: sheathing is to be placed in a general waste skip.

6.7 Under no circumstances is the sheathing to any cabling to be removed by burning.

7 - OPERATION NO 4: SOFT STRIPPING

7.1 An internal soft strip of the buildings will be carried out by demolition operatives to remove as much of the waste materials from the building ahead of the demolition works.

7.2 Materials that are to be removed by the internal soft strip can include doors, door frames, fixed and non fixed furniture, carpets and floor coverings and other materials which obstruct the construction of asbestos removal enclosures.

7.3 Operatives will strip out all doors, frames, windows, timber of any description, (not appertaining to roof or main structure) toilets, pipe work, ducting, electrical items and any debris.

7.4 Any clean, unpainted constructional timber will be segregated from the general waste. Where this material is free of nails, screws, hinges etc it will be segregated for recycling by a specialist company. Any materials deemed as not suitable for recycling will be removed from site in skips as controlled waste to an appropriately licensed landfill site.

7.5 Where possible the materials will be loaded by hand method into skips and removed from the site. Where access for skips is not available the materials will be segregated and stored within the building where they will be removed at a later stage.

7.6 Once access for skips is available the materials will be loaded into the skips by use of the excavator and by hand method.

7.7 At no times shall operatives gain access to partially demolished or unsafe buildings to recover soft stripped materials, these materials will be removed by mechanical means and when safe to do so by hand method.

7.8 All soft stripped materials will be processed and segregated into individual waste/recycling streams. All materials deemed suitable for recycling will be loaded into suitable skips and transferred from the site to a suitable recycling venue.

7.9 All waste materials unsuitable for recycling will be transported from the site where it will be taken to landfill facilities.

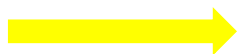
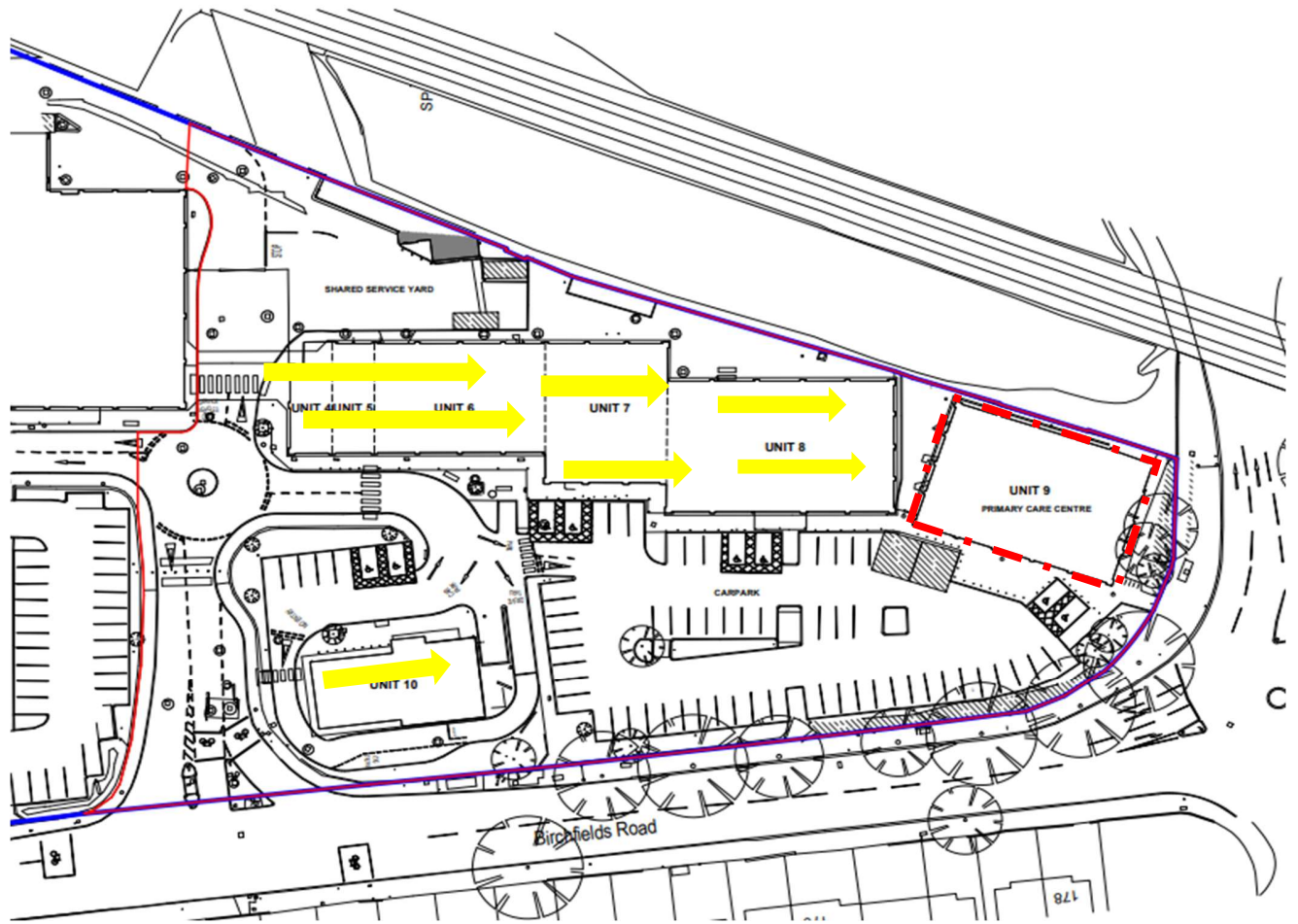
8 - OPERATION NO 5: WORKING AT HEIGHT GENERALLY

8.1 Working at height will be restricted to a minimum, with the majority of high level demolitions being carried out by mechanical means i.e. Demolition type excavators / Plant fitted with controlled attachments such as mechanical grapples.

8.2 The main area where working at height will be carried out will be to remove roof tiles

8.3 Where access to work at height may be required access will be gained by use of either Cherry Picker or Scissor Lift type Mobile Elevated Work Platform.

Demolition Plan

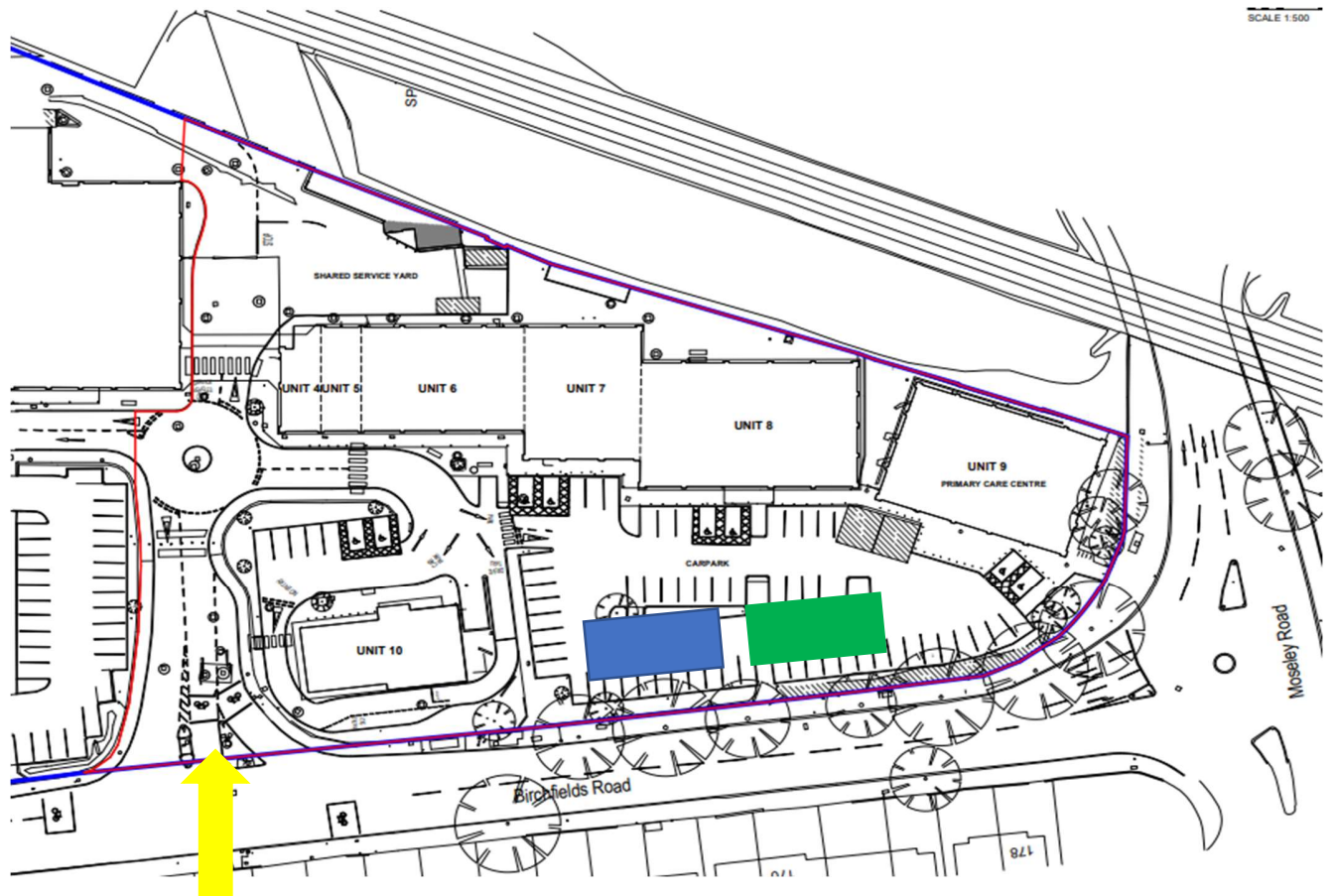


- Direction Of Demolition



- Hawthorn Medical Centre To Be Retained And Protected

Site Set Up



- Site Welfare / Office



- Site Parking



- Site Access

APPENDIX A RISK ASSESSMENT

1: Identify the hazards (ass rows to table for number of hazards as required)	2: Hazard effect type of injury (identify who might be harmed and how)	3. Initial Risk Low / Med / High	4. Control Measures (training, procedures method statements, etc.)	5. Residual Risk Low / Med / High
Vehicle/plant Movements.	Damage to vehicles and structures. Injury to site personnel. Crush and physical injury to all parts of body, possible death.	Med	Competent operatives ; Use of Banks person; RAMS; Good housekeeping to be practiced at all times; Constant monitoring and regular supervision to be in place and used to spot potential incidents and hazards. ; Site walk inspections daily ;Correct use of barriers/exclusion zones ; Exercise caution on site at all times . RAMS	Low
Manual handling	MSD injuries, breaks, fractures, strains. Site personnel	Med	Training; use of mechanical lifting machinery; efficient positioning of materials; PPE; RA	Low
Use of general hand tools	HAV's, puncture, crush, Muscular strains. Site personnel	Med	Training; Pre-use checks of equipment / tools; PPE; RA	Low
Working at height. Use of MEWP	Crush, breaks, fractures, trapping, overturning. Collision. Site personnel / operator	High	Training; inspection & maintenance; use of suitable ground conditions; barrier segregation; fall restraint systems; PPE; RAMS; permits to work system	Med
Falling objects/ materials	Crush; fractures; breaks	High	Segregation / barriers; PPE; signage; RAMS	Med
Demolition Dust	Silicosis, lung disease, COPD	High	RAMS; water suppression; dust netting; RPE (face fitted); training; monitoring; use of dust extraction tools / attachments	Med
Demolition noise	Tinnitus, loss of hearing, Nuisance to neighbours	Med	Training, RAMS, PPE, noise exclusion zones; monitoring	Low
Asbestos some residual asbestos containing materials	Asbestosis, cancer	Low	Training; PPE; RAMS; RPE; monitoring; information; tool box talks;	Low

